



BLACKBURN JUNE CLASS TIMETABLE

BOOK YOUR CLASS ONLINE

BOUNCEINC.COM.AU

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am					MOVE	CORE	
10am	MOVE	MOVE			MOVE		
11am	MOVE	MOVE					
5pm	MOVE	BLAST	MOVE	BLAST			
6pm	CORE	CORE	CORE	CORE			
7pm	BLAST	MOVE	BLAST	MOVE			

3 CLASS TYPES RANGING IN INTENSITY AND FOCUS:



A jumping based class combining cardio and core fitness for a whole body workout!



Combines cardio and strength blasts into a high intensity interval training workout



Develop core strength and balance through a series of low-impact, challenging exercises that focus on strength over aerobic activity